

VITAMINS & MINERALS									
NAME	FUNCTION	DEFICIENCY	TOXICITY	FOOD SOURCES	DEFICIENCY	TOXICITY	FOOD SOURCES	DEFICIENCY	TOXICITY
VITAMIN A	Good for eyesight, skin, and immune system	Night blindness, dry skin, and weakened immune system	Liver toxicity, bone marrow suppression	Carrots, sweet potatoes, spinach, liver	Night blindness, dry skin, and weakened immune system	Liver toxicity, bone marrow suppression	Carrots, sweet potatoes, spinach, liver	Night blindness, dry skin, and weakened immune system	Liver toxicity, bone marrow suppression
VITAMIN B1	Helps with energy production and nerve function	Fatigue, weakness, and nerve damage	None known	Whole grains, meat, and legumes	Fatigue, weakness, and nerve damage	None known	Whole grains, meat, and legumes	Fatigue, weakness, and nerve damage	None known
VITAMIN B2	Helps with energy production and skin health	Skin rashes, mouth sores, and fatigue	None known	Eggs, dairy, and meat	Skin rashes, mouth sores, and fatigue	None known	Eggs, dairy, and meat	Skin rashes, mouth sores, and fatigue	None known
VITAMIN B3	Helps with energy production and brain function	Pellagra (skin rash, diarrhea, and dementia)	None known	Meat, fish, and whole grains	Pellagra (skin rash, diarrhea, and dementia)	None known	Meat, fish, and whole grains	Pellagra (skin rash, diarrhea, and dementia)	None known
VITAMIN B5	Helps with energy production and nerve function	Fatigue, weakness, and nerve damage	None known	Meat, fish, and whole grains	Fatigue, weakness, and nerve damage	None known	Meat, fish, and whole grains	Fatigue, weakness, and nerve damage	None known
VITAMIN B6	Helps with energy production and immune system	Weakness, fatigue, and immune system problems	None known	Meat, fish, and whole grains	Weakness, fatigue, and immune system problems	None known	Meat, fish, and whole grains	Weakness, fatigue, and immune system problems	None known
VITAMIN B7	Helps with energy production and skin health	Skin rashes, mouth sores, and fatigue	None known	Eggs, dairy, and meat	Skin rashes, mouth sores, and fatigue	None known	Eggs, dairy, and meat	Skin rashes, mouth sores, and fatigue	None known
VITAMIN B9	Helps with energy production and blood cell formation	Fatigue, weakness, and anemia	None known	Leafy greens, meat, and legumes	Fatigue, weakness, and anemia	None known	Leafy greens, meat, and legumes	Fatigue, weakness, and anemia	None known
VITAMIN C	Antioxidant, helps with immune system and collagen production	Weakness, fatigue, and immune system problems	None known	Citrus fruits, berries, and leafy greens	Weakness, fatigue, and immune system problems	None known	Citrus fruits, berries, and leafy greens	Weakness, fatigue, and immune system problems	None known
VITAMIN D	Helps with bone health and immune system	Weak bones, muscle pain, and immune system problems	None known	Fatty fish, egg yolks, and fortified foods	Weak bones, muscle pain, and immune system problems	None known	Fatty fish, egg yolks, and fortified foods	Weak bones, muscle pain, and immune system problems	None known
VITAMIN E	Antioxidant, helps with skin health and immune system	Skin rashes, muscle pain, and immune system problems	None known	Nuts, seeds, and vegetable oils	Skin rashes, muscle pain, and immune system problems	None known	Nuts, seeds, and vegetable oils	Skin rashes, muscle pain, and immune system problems	None known
VITAMIN K	Helps with blood clotting and bone health	Bleeding, bruising, and bone health problems	None known	Leafy greens, vegetable oils, and fermented foods	Bleeding, bruising, and bone health problems	None known	Leafy greens, vegetable oils, and fermented foods	Bleeding, bruising, and bone health problems	None known
MINERAL 1	Helps with energy production and bone health	Weakness, fatigue, and bone health problems	None known	Meat, fish, and whole grains	Weakness, fatigue, and bone health problems	None known	Meat, fish, and whole grains	Weakness, fatigue, and bone health problems	None known
MINERAL 2	Helps with energy production and immune system	Weakness, fatigue, and immune system problems	None known	Meat, fish, and whole grains	Weakness, fatigue, and immune system problems	None known	Meat, fish, and whole grains	Weakness, fatigue, and immune system problems	None known
MINERAL 3	Helps with energy production and skin health	Skin rashes, mouth sores, and fatigue	None known	Eggs, dairy, and meat	Skin rashes, mouth sores, and fatigue	None known	Eggs, dairy, and meat	Skin rashes, mouth sores, and fatigue	None known
MINERAL 4	Helps with energy production and blood cell formation	Fatigue, weakness, and anemia	None known	Leafy greens, meat, and legumes	Fatigue, weakness, and anemia	None known	Leafy greens, meat, and legumes	Fatigue, weakness, and anemia	None known
MINERAL 5	Helps with energy production and bone health	Weak bones, muscle pain, and bone health problems	None known	Fatty fish, egg yolks, and fortified foods	Weak bones, muscle pain, and bone health problems	None known	Fatty fish, egg yolks, and fortified foods	Weak bones, muscle pain, and bone health problems	None known
MINERAL 6	Helps with energy production and skin health	Skin rashes, muscle pain, and skin health problems	None known	Nuts, seeds, and vegetable oils	Skin rashes, muscle pain, and skin health problems	None known	Nuts, seeds, and vegetable oils	Skin rashes, muscle pain, and skin health problems	None known
MINERAL 7	Helps with energy production and blood clotting	Bleeding, bruising, and blood clotting problems	None known	Leafy greens, vegetable oils, and fermented foods	Bleeding, bruising, and blood clotting problems	None known	Leafy greens, vegetable oils, and fermented foods	Bleeding, bruising, and blood clotting problems	None known
MINERAL 8	Helps with energy production and bone health	Weak bones, muscle pain, and bone health problems	None known	Fatty fish, egg yolks, and fortified foods	Weak bones, muscle pain, and bone health problems	None known	Fatty fish, egg yolks, and fortified foods	Weak bones, muscle pain, and bone health problems	None known
MINERAL 9	Helps with energy production and skin health	Skin rashes, muscle pain, and skin health problems	None known	Nuts, seeds, and vegetable oils	Skin rashes, muscle pain, and skin health problems	None known	Nuts, seeds, and vegetable oils	Skin rashes, muscle pain, and skin health problems	None known
MINERAL 10	Helps with energy production and blood clotting	Bleeding, bruising, and blood clotting problems	None known	Leafy greens, vegetable oils, and fermented foods	Bleeding, bruising, and blood clotting problems	None known	Leafy greens, vegetable oils, and fermented foods	Bleeding, bruising, and blood clotting problems	None known

Inc. BarCharts

Vitamins & Minerals (Quick Study Health)



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We've updated and expanded our popular Vitamins & Minerals study guideline to make sure complete coverage of the thing you need once and for all long-term health. Usage of this important information has never been less complicated! types of food containing specific vitamins and minerals are also included. Every important supplement and mineral?as well as the various disorders they're utilized for and the suggested amounts?is listed in a helpful table format;



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Very Useful An extremely useful chart which compiles information from many sources into one neat package. Having said that, one must do additional reading to verify any suggestions on using Vitamins and Natural herbs to treat a health related problem, as views in this area do vary. A whole lot of stuff that I under no circumstances knew and I acquired these cause my children has been suffering a lot of epidermis and allergy issues therefore we have decided to slice out the chemicals and other things that aren't natural to better our health.!!Then try some Supplement therapy along with or rather than drugs. The much more serious your problem, the more thoroughly you should get this to decision and always read as much as you can about your unique health condition and the way the Vitamins and Herbs function in your body. Being informed, is one of the best methods to stay healthy.. make your own and it will be better - duplicate and paste off the net You will make your own and it will be a lot better - copy and paste off the net.. Great information Useful to know what does what and where one can possible get it Five Stars Nice to have this reference. The recommendations are that of the book I purchased from Amazon too. (See pic if dealing with fibroids also. I received this vitamin chart today fast delivery A+. It has many regions of help, easy to follow, organized according to ailment region (cardivascular, dermatitis, ... Excellent guide and includes a large amount of useful information on it simply because a quick, go to reference.) then area (hay fever, eczema, Chart is comprehensive and quite handy. 3 pages front and back. Comprehensive referance guide to minerals and vitamins. Would recommend to anyone who requirements something quick to reference. Perfect for referencing for yourself and others.), and even more. Helped me a lot with my college level nutrition/Bio class..Bottom line is certainly this chart is certainly worth the five bucks they are asking for it. Hard to follow - rather than enough detail. I looked at it once and understood everything on the website - common sense in case you are into this stuff at all.....Although AMA medicine isn't especially good at correcting many health issues, they are fairly good at diagnosing them. These guides are useful to have as a quick guide, I reference all of them enough time. Would recommend to anyone who needs something quick to reference. I don't recommend it for those who have to read large printing. In some cases, the drugs actually do work effectively.. Very nice guide and has a lot of useful information in .. A lot of items that I under no circumstances knew and I acquired these cause my family has been struggling a lot of epidermis and allergy issues therefore we have made a decision to cut out the chemical substances and other things that aren't organic to try and better our health and wellness.)I'm using this for me, family, and friends. A Great HEAD TO!. upon purchasing this chart in the picture it displays like it's one web page when I received this chart today I had not been disappointed I could not believe that it had been three different charts entrance and back a very excited to learn it and find out what it provides I would for sure recommend this to anyone... Five Stars Great resource. Sorry I purchased it. thinking about buying this chart for my parents and sending it to them Very nice guide and has a lot of useful information on .. These guides are helpful to have as a quick guide, I reference them all the time. Very nice guide and has a large amount of useful information onto it simply because a quick, go to reference... I really enjoy the whole listings on these, I was very surprised to get listings ultimately of what combinations of extra minerals/vitamins you would want in what dosing to greatly help with certain circumstances and health problems, This is just what I was wanting and could not find such an excellent comprehensive listing even though trying to google. Great, very useful chart Great, very helpful chart!. After I was done with it, I approved it to another student and she also discovered it very helpful! Great information. I don't recommend it for those who ... Good information. Wow, GREAT VITAMIN CHART GREAT VITAMIN CHART. top quality and convenient High quality and

convenient!! Therefore my recommendation is to visit your GP or additional AMA specialist to comprehend the problem you are have before trying to fix it yourself. Thanks!!! If you are looking for a quick reference, then this is for you ! Very pleased with this... Great quick reference !it was much nicer than I expected ! Great clarity Great listing - clear and easy to read Shipped Quick Love! Was shipped earlier as i requested. I am very pleased. I bought this, because I'm dealing with fibroids and eczema..



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